

Covenant School of Nursing Reflective Practice



Learning to be a reflective practitioner includes not only acquiring knowledge and skills, but also the ability to establish a link between theory and practice, providing a rationale for actions. Reflective practice is the link between theory and practice and a powerful means of using theory to inform practice thus promoting evidence based practice.” (Tsingos et al., 2014)

Using the Reflective Practice template, document each step. The suggestions in the boxes may help you as you reflect on the incident. This Reflective Practice document will be reviewed by faculty and then you will post the final reflection in your LiveBinder folder.

<p>Step 1 Description A description of the incident, with relevant details. <u>Remember to maintain patient confidentiality.</u> Don't make judgments yet or try to draw conclusions; simply describe the events and the key players. Set the scene! It might be useful to ask yourself the following questions</p> <ul style="list-style-type: none"> • What happened? • When did it happen? • Where were you? • Who was involved? • What were you doing? • What role did you play? • What roles did others play? • What was the result? 	<p>Step 4 Analysis</p> <ul style="list-style-type: none"> • What can you apply to this situation from your previous knowledge, studies or research? • What recent evidence is in the literature surrounding this situation, if any? • Which theories or bodies of knowledge are relevant to the situation – and in what ways? • What broader issues arise from this event? • What sense can you make of the situation? • What was really going on? • Were other people's experiences similar or different in important ways? • What is the impact of different perspectives eg. personal / patients / colleagues'
<p>Step 2 Feelings Don't move on to analyzing these yet, simply describe them.</p> <ul style="list-style-type: none"> • How were you feeling at the beginning? • What were you thinking at the time? • How did the event make you feel? • What did the words or actions of others make you think? • How did this make you feel? • How did you feel about the final outcome? • What is the most important emotion or feeling you have about the incident? • Why is this the most important feeling? 	<p>Step 5 Conclusion</p> <ul style="list-style-type: none"> • How could you have made the situation better? • How could others have made the situation better? • What could you have done differently? • What have you learned from this event?
<p>Step 3 Evaluation</p> <ul style="list-style-type: none"> • What was good about the event? • What was bad? • What was easy? • What was difficult? • What went well? • What did you do well? • What did others do well? • Did you expect a different outcome? If so, why? • What went wrong, or not as expected? Why? • How did you contribute? 	<p>Step 6 Action Plan</p> <ul style="list-style-type: none"> • What do you think overall about this situation? • What conclusions can you draw? How do you justify these? • With hindsight, would you do something differently next time and why? • How can you use the lessons learned from this event in future? • Can you apply these learnings to other events? • What has this taught you about professional practice? about yourself? • How will you use this experience to further improve your practice in the future?

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Use this template to complete the Reflective Practice documentation. Do not exceed the space in each box. Any information not visible to you is lost.

<p>Step 1 Description</p> <ul style="list-style-type: none"> - I preformed my graded CPE - December 4, 2023 0900 - Covenant Children's Hospital - Performing medication pass and ensuring the safety of my patient - Myself, and 2 instructors - I played the nurse - The instructors observed and graded - My first attempt I failed due to not placing the call light in reach, my second attempt I passed 	<p>Step 4 Analysis</p> <ul style="list-style-type: none"> - This whole experience was based off of previous clinical and simulation learning - N/A - Medication administration and safety precautions - My grade will be affected very much due to this - Now I will ensure I use my safety precautions on every patient interaction - It was a very mentally challenging task for me so it was a lot of an internal battle with myself - Many other people had similar experiences and missed something very small, but that impacted the patients safety and ended up not passing the first time - Most people I spoke to were also upset about their outcome, but most of us went back and were able to fix what we did wrong
<p>Step 2 Feelings</p> <ul style="list-style-type: none"> - I was extremely anxious during this assessment - I was going over all of the steps in my head on how to ensure patient safety - When I failed, I was extremely upset - The instructors helped me get through and finish the simulation to the best of my potential - This helped me relax a little bit - I am still very upset about the outcome due to the impact on my grade - I think the most important feeling was frustration - It is important because I know in real life I would not have missed that and the anxiety got the best of me and lead to a poor outcome 	<p>Step 5 Conclusion</p> <ul style="list-style-type: none"> - I think I just needed to breathe and go over what I knew and relaxed, which could have lead to a better outcome - There's nothing that they particularly could have done better, I just wish that this wasn't so impactful on the grade - I could have focused better in ensuring safety on every exit, even when I was out of the room for such a short time - I have learned to ensure patient safety first and for most
<p>Step 3 Evaluation</p> <ul style="list-style-type: none"> - It was a learning experience and will help me to not forget the importance of safety for my patients - I had a bit of an anxiety attack towards the end and got very upset with myself - The preparation and deciding which medication to hold and which medication to give was easy for me - The whole experience was very anxiety provoking, so I had a very hard time relaxing and doing what I know, so the mental aspect of it was very difficult for me - I think my introduction went well - I think I did well on the teaching aspect - The teachers helped me get through it and were very helpful - I did, because I know how to do everything that was given to me and consider myself to be fairly confident in it, but the nerves got the best of me - I forgot to place the call light in the patients reach - I preformed the skills being evaluated 	<p>Step 6 Action Plan</p> <ul style="list-style-type: none"> - Overall it was a learning experience that I will remember for the rest of my life - I think overall it is a very stressful and pressuring test, but it is a good experience for me to learn from although I did not have the outcome I had hoped for - I would not have gotten so upset in the testing room because I cannot change what has already happened and I needed to relax - It will help me ensure patient safety - I will always ensure that I have confirmed my fall precautions before leaving the room - I showed me how bad I am about accepting failure, and that is something I will need to continue to work on throughout life - I will just try to remain calm no matter what happens and try to continue to be the best I can for anything that comes up

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